

CELEBRATE DENTAL HYGIENE MONTH ALL OCTOBER LONG!

Happy Dental Hygiene Month to all our wonderful patients! October is the American Dental Hygienists' Association's (ADHA) National Dental Hygiene Month. Through the National Dental Hygiene Month program ADHA continues to promote increasing the public's awareness about the importance of preventive services in maintaining good oral hygiene and to encourage others to develop and continue with a daily oral health routine.

Of course, we know the importance of proper dental hygiene all year long, but National Dental Hygiene Month is an opportunity for us to communicate just how important dental hygiene is.

The hectic pace of today's adult lifestyle often leaves little time for the daily oral health care routine needed to prevent cavities and periodontal disease. This is unfortunate since periodontal disease is the most common cause of tooth loss in adults. An estimated 75% of Americans reportedly have some form of periodontal disease.

Early detection of periodontal disease reduces the risk of permanent damage to teeth and gums and can prevent more extensive and costly treatment in later years. Regular professional visits, every three to six months or as recommended by your dental hygienist, will help you learn more about proper care for your teeth and gums. Regular professional visits are important because gingivitis, the early stage of periodontal disease, is usually painless; you may not be able to detect it on your own. Periodontal disease has been directly linked to cardiovascular disease and many other systemic conditions.

Make an effort to maintain your dental health by routinely visiting your dental hygienist. Prevention is the best method and a dental hygiene visit will benefit you immensely. Call today (813)684-7888 to schedule your dental hygiene visit and get on the path to prevention.